Ham and Cheese Corn Muffins

Makes 9 muffins

Ingredients:

1 package (about 8 ounces) corn muffin mix
1/2 cup chopped extra-lean deli ham
1/2 cup shredded reduced-fat Swiss cheese
1/3 cup 2% milk
1 egg or egg substitute
1 tablespoon Dijon mustard

1. Preheat oven to 400 degrees. Spray 9 (2 3/4 inch) muffin cups with nonstick cooking spray or line with paper baking cups; set aside.
2. Combine muffin mix, ham and cheese in medium bowl. Beat milk, egg and mustard in 1-cup glass measuring cup. Stir milk mixture into dry ingredients; mix just until moistened.
3. Fill prepared muffin cups 2/3 cups full. Bake 18 to 20 minutes or until lightly brown. Cool 5 minutes in pan on wire rack. Remove from pan. Serve warm.

Serving suggestion: serve ham and cheese corn muffins with honey-flavored butter, prepared by combining equal amounts of honey and softened butter.